



Dracut Council on Aging Newsletter

DECEMBER 2012

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: www.dracut-ma.us

E-Mail: councilonaging@dracut-ma.us

If ever a season could sneak up on us it would be the holiday season. Suddenly we're filled with the anxiety of a ticking clock. Decking the halls, filling the stockings and roasting the bird can be a stressful time. As the clock ticks and the count down begins our stress may begin to snowball, becoming more and more intense. Nobody wants that. The holidays should be a warm and joyous celebration with family and friends.

We're offering a few ways to keep ourselves cool and calm. Sing-alongs can lift our spirits and add fun during hectic times. On Thursday Dec. 13th at 10am we will have a sing-along of seasonal songs, watch The Christmas Lights DVD while enjoying some refreshments. Our movie of the month is a holiday movie, "Christmas with a Capital C" shown on Tuesday the 11th at noon. The first annual Fashion Show video will be shown on the large screen on Monday the 10th at 10am.

No season is more festive than during New England's winter months. Homes are decorated with evergreen swags and wreaths, snowmen and reindeer with hundreds of lights illuminating winter's night.

Our quick trips on Friday the 14th will tour the area to view these beautiful homes.

Our Victorian Tea Party is rescheduled to Thursday the 20th at 10am join us and see how easy it is to de-stress with tea and refreshments. Sponsored by Home Instead. For many this time of year may bring on the blues and our emotions may get the best of us. "Stay at Home" will offer information on "Emotional Isolation" on Thursday the 6th at 10am refreshments will be served.

If you need help paying your property tax bill, the Dracut Senior Citizens Property Tax Work off Program begins this month. Applications will be taken during the month of December and eligible participants will be notified in January 2013 and begin work in February 2013. Please see inside this issue for information on the program.

Representative Colleen Garry will hold office hours at the COA on Monday the 17th at 10:30.

It's warm and inviting here at the senior center and welcomes you to share in the holiday spirit at the DCOA the best place in town.

COUNCIL ON AGING STAFF

=====

Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Bill Dorris *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fluery
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm

Social Services

December 2012

It's the end of the year which usually means everybody is in a rush! This month brings joy as we see family and friends to celebrate the holidays. Embrace every moment...eat, drink and be merry...take in all the happiness the season brings! Then, after the holidays, kick back, relax, and think of how blessed you were to have enjoyed all the wonders of the season!

Merry Christmas and Happy New Year!!!

Donna Houston, Outreach Coordinator

Cold air, snowy days, kids making snowmen, colored lights decorate the houses, it is that time of year. I hope everyone is able to be with family and friends and feel the love & joy this holiday season.

Wishing all a happy & healthy holiday season.

Judy Gilbert Social Service/Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

DRACUT SENIOR CITIZENS PROPERTY TAX WORK OFF PROGRAM 2013

Work in town department for 62.5 hours and receive \$500 off your property tax bill. Apply at the DCOA 951 Mammoth Rd. Dracut. Application Period: The month December 2012. To be eligible for this program an applicant must be 60yrs. or older. A homeowner or current spouse of homeowner. Reside in the town of Dracut. Occupy the property for which the taxes are paid. Present a copy of the current property tax notice upon application. Be retired and not working as of Jan. 1st of the program year. Work 62.5 hours in the program in order to receive a \$500 credit to their tax bill in the following year. The taxpayer may not be receiving any other abatement or exemption from the town of Dracut. Present an income tax return, first two pages of Federal Tax Return 1040. If the applicant does not file taxes, forms 4506-T will need to be completed. 4506-T forms are available at the COA office. Present a copy of your property tax bill. All eligible application will be placed in a lottery and applicants will be notified sometime in January 2013.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way
Tewksbury, Harvard Vanguard, Research Place, Lowell
VA & Village Square Chelmsford -\$3.00 one way;
\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**
Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. Please call Judy Gilbert at 978-957-2611 or stop by the center.

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

ATLANTIC CITY

Bally's Hotel & Casino April 7th—10th, 2013

4 days/ 3night motorcoach tour \$319 pp do

Receive \$75 back in slot play

For more info call **Carol Gavriel 978-957-5527**

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. Dec. 12th & 19th**. Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

**Dracut Council on Aging
951 Mammoth Road**

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF
VNA SERVICES.



ing

DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings Wed. December 12th & 26th. Wed. Dec.19th. Christmas party at Lenzi's**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days.
Call Ed Bishop for more info @ 978-453-0969

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org
download, print, clip and save.

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated. General Public Welcome. Please come meet Pauline our perky always smiling store volunteer.

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan
Treasurer, Pat Cahill
Clerk, Barbara Dickinson
Member, Judy Fuller
Member, Linda Bloomgren
Member, Mary Beth Shanahan
The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU to Carol Boudreau for her generous donation of the Lamina-tor.

NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cards/Pool/Chess 3 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p>Cards/Pool/Chess 4 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p>Cards/Pool/Chess 5 Wii/Foosball</p> <p>9-11Beginners Computer 10:00.....Bone Builders 10-11.....Tai Chi 3:00.....Reiki</p>	<p>Cards/Pool/Chess 6 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00.....Stay at Home "Emotional Isolation" 1:00.....Bingo</p>	<p>Cards/Pool/Chess 7 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30.....Walmart & Mama's 3:00.....Reiki</p>
<p>Cards/Pool/Chess 10 Wii/Foosball</p> <p>10-11.....Bone Builders 10.....Affordable Hearing (Free Hearing Screening) 10:00...Fashion Show Video 1:00.....Bingo</p>	<p>Cards/Pool/Chess 11 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie (Christmas with a Capital C) 12:30.....Knit/Crochet</p>	<p>Cards/Pool/Chess 12 Wii/Foosball</p> <p>9-11Beginners Computer 9:30-1:00.....Shine 10:00.....Bone Builders 1:00.....Senior Club Meeting 3:00.....Reiki</p>	<p>Cards/Pool/Chess 13 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00..Holiday activities and sing along 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy</p>	<p>Cards/Pool/Chess 14 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Dinner at the Parker Bar & Grill and viewing Christmas lights in Dracut. 12:00.....Cribbage 3:00.....Reiki</p>
<p>Cards/Pool/Chess 17 Wii/Foosball</p> <p>10-11.....Bone Builders 10:30.Rep. Colleen Garry (will hold office hours) 1:00.....Bingo</p>	<p>Cards/Pool/Chess 18 Wii/Foosball</p> <p>9:00-10:00...Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p>Cards/Pool/Chess 19 Wii/Foosball</p> <p>9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 10-11.....Tai Chi 3:00.....Reiki</p>	<p>Cards/Pool/Chess 20 Wii/Foosball</p> <p>9:00-11:00.....Energetics 9:30-12....Quilting Class 10:00.....Victorian Tea 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy</p>	<p>Cards/Pool/Chess 21 Wii/Foosball</p> <p>9:00.....Bowling 9-00.....Line Dancing 9:30...Dollar Tree & Irish Cottage 12:00.....Cribbage 3:00.....Reiki</p>
<p>CLOSED FOR HOLIDAY</p>	<p>CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>Cards/Pool/Chess 26 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 1:00.....Senior Club Meeting 3:00.....Reiki</p>	<p>Cards/Pool/Chess 27 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12.....Quilting 10:00..... 10:30-11:30....Bone Builders 1:00.....Bingo 1:30-3:45..Nurse Nancy</p>	<p>Cards/Pool/Chess 28 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30.....Movies 12:00.....Cribbage 3:00.....Reiki</p>
<p>Cards/Pool/Chess 31 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p>January 1st 2013 Center Closed HAPPY NEW YEAR</p>			



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

Dec.5, 12, 19, and 26th

Wednesdays 9:00-11:00

8 Weeks at \$15.00

FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

ENERGETICS

Dec.4th—27th

Tuesdays & Thursdays

9:00 –10:00

With Elaine Corsetti

\$20.00 per session

TAI CHI

With Connie Rock on Wednesdays

Dec.5, 12,19, and 26

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Dec.4, 11 and 18 th.

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls. Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

For any info on classes please call Judy Gilbert at 978-957-2611

Lift Your Spirits

REIKI

Dec.5, 7, 12, 14, 18, 21 and 28th

\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the center to make an appointment.

Appointments start at 3:00 pm sessions are 20 minutes

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. Call the COA office at 978-957-2611

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am **\$2 a class**

\$2.00 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle every day in the Library.

Chess Game Set Up In Library

LEGACIES VOLUME VIII ANTHOLOGY

Are available at the senior center for \$3.00

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center

UP COMING EVENTS IN DECEMBER

Stay at Home
‘Emotional Isolation’
Thursday Dec. 6th at 10am
Refreshments will be served

LARGE SCREEN VIDEO
Monday the 10th at 10am
The 1st Annual fashion Show Video

Affordable Hearing
Hearing Clinic
with Christopher Streeter Monday Dec.10th
10am –12pm
Free service for:
Hearing screenings, evaluations, hearing aid maintenance and cleaning. minor hearing aid repairs
Please call for appointment at 978-957-2611

DINNER & MOVIE
Tuesday December 11th
at 11:30

Dinner: Call Debbie at 978-957-0129 two days in advance to reserve your dinner. \$2.00 donation is suggested.

Free movie starts at 12noon
Christmas with a Capital C
Christmas has always been exceptional time of love and tradition in the small town of Trapper Falls, Alaska. Hometown mayor, Don Reed looks forward to each year wanting to show the true meaning of Christmas. Inspired to launch a Christmas with a Capital C campaign as an effort to keep to the town together with enthusiasm to all the events.
Staring: Ted McGinley & Daniel Baldwin
Free Popcorn & Drinks Served

Quick Trips for December 2012

Friday-Dec.7th...Walmart & Mama’s
Friday-Dec.14th..Parker Bar & Grill & Christmas lights in Dracut
Friday-Dec. 21st..Dollar Tree & Irish Cottage
Friday-Dec.28th...Movie and lunch at Chunky’s

Check out!! **The New Dracut Website**
@www.dracut-ma.us
For all information on The Dracut Council on Aging.

HOLIDAY ACTIVITIES
Thursday December 13th at 10:00am
We will have a sing along of seasonal songs, watch the Christmas lights DVD , refreshments will be served

Representative Colleen Garry
Will hold office hours at the COA on
Monday the 17th at 10:30am

Victorian Tea Party
Thursday December 20th at 10AM







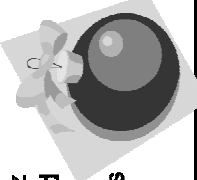






Sponsored by HomeInstead
And the Friends of the Dracut Elderly.
Join us for an interactive Victorian Tea with Patricia Pery a professional historical interpreter, will take us back in time for a Victorian Tea Party.
A variety of teas, and cakes will be served.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander’s Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D’Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola’s Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw’s, St. Mary Magdalene Church, Tedeschi’s (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D’Youville Parish.

MVNP December 2012

Menu

3 Rotisserie Chicken Whip Potatoes Peas and Carrots 	4 Swedish Meatballs Whip Potatoes Mixed Vegetables	5 High Sodium Meal Low Sodium Hot Dog Baked Beans Mustard and Relish Coleslaw 	6 Cranberry Juice Thai Chicken Dirty Rice California Blend Veggies	7 Salmon Boat with Dill Sauce Whip Potatoes Broccoli & Cauliflower 
10 Lemon Pepper Chicken Whip Potatoes & Chives Peas and Carrots	11 Krunch Lite Fish Potato Wedges Ketchup Mixed Vegetables 	12 Hamburger / Ketchup Green Beans LS Potato Chips Hamburger Roll	13 Roast Turkey with Gravy Whip Potatoes Peas and Mushrooms Cranberry Sauce	14 Mild Chili Kernel Corn Low Fat Sour Cream Tortilla Chips
17 Grape Juice Tangerine Chicken Dirty Rice Oriental Vegetables 	18 Stuffed Shells with Marinara Sauce Parmesan Cheese Mixed Vegetables	19 Chicken Breast Fillet LF Mayonnaise California Blend Veggies 	20 Grape Juice 21 Beef Pot Roast / Gravy Whipped Potatoes Peas and Carrots	21 Fish a la Ritz Roasted Red Potatoes Green Beans 
24 <i>No Meal Served Christmas Eve</i> 	25 <i>No Meal Served Christmas Holiday</i> 	26 Grape Juice New Orleans Chicken White Rice Peas & Carrots	27 High Sodium Meal Baked Turkey Ham Raisin Sauce Whip Sweet Potatoes Country Blend Veggies	28 Grape Juice Macaroni and Cheese Green Beans & Tomatoes
31 Orange Juice Cheese Omelet Sausage Links (3 ea) Cheerios Fruit Yogurt 	1-Jan <i>No Meal Served New Year's Holiday</i> 	2 Shepherd's Pie (Ground Beef, Whip Potatoes, and Kernel Corn) 	3 Stuffed Chicken Breast Cranberry Sauce Baked Potato Low Fat Sour Cream California Blend Veggies	4 Broccoli & Cheese Fish Whipped Potatoes Tuscan Veggies 
Calories: 614 Sodium: 417	Calories: 596 Sodium: 799	Calories: 737 Sodium: 1893	Calories: 392 Sodium: 647	Calories: 359 Sodium: 386
Calories: 614 Sodium: 269	Calories: 384 Sodium: 407	Calories: 527 Sodium: 366	Calories: 367 Sodium: 741	Calories: 604 Sodium: 442
Calories: 375 Sodium: 400	Calories: 331 Sodium: 809	Calories: 646 Sodium: 987	Calories: 347 Sodium: 158	Calories: 342 Sodium: 249
Calories: 660 Sodium: 893	Calories: 498 Sodium: 258	Calories: 356 Sodium: 676	Calories: 335 Sodium: 1166	Calories: 505 Sodium: 421
Calories: 490 Sodium: 561	Calories: 484 Sodium: 566	Calories: 498 Sodium: 258	Calories: 484 Sodium: 566	Calories: 490 Sodium: 561